



Calvary Baptist Church
Open to all. Closed to none.

Resources for Wellness of MIND



Therapeutic tool: [The 8 C's of Internal Family Systems](#)
Internal Family Systems psychotherapy – Dr. Richard C. Schwartz

Assessment: [Beck's Depression Inventory](#)

Assessment: [Mental Health Meter](#)

LGBTQIA+ Community: <https://icop.or.ke/wp-content/uploads/2018/10/Final-Mental-Health-Toolkit.pdf>

Podcast: “Dear Therapists” — Hosted by Lori Gottlieb & Guy Winch

Podcast: “The Emotions Mentor” — Hosted by Rebecca Hintze

Podcast: “Therapy for Black Girls” hosted by Dr. Joy Harden Bradford: This powerful podcast discusses mental health topics and provides resources specifically for Black women seeking therapy.

Podcast: “The Hilarious World of Depression” hosted by John Moe: This podcast series explores mental health and depression through candid interviews with comedians who share their personal experiences with humor.

Podcast: “Terrible, Thanks for Asking” hosted by Nora McInerny: This series shares candid conversations about difficult life experiences, including mental health struggles, grief, and loss.

Podcast: “Anxiety Slayer” hosted by Shann Vander Leek and Ananga Sivyer:

Video: *Breathing Technique for Energy and Calm: Learn Alternate Nostril Breathing Exercise* with Dora Kamau
(<https://youtu.be/a7re4bKxB3A?si=T4cHw3AdwRusW61F>)

Visual of this technique:

<https://youtu.be/TKNITh99roA?si=tivokAMYjPAuEGoo>

Podcast:

Hidden Brain (<https://hiddenbrain.org/>)

Book:

Self-Compassion by Dr. Kristin Neff